

## Toasted Barley

1 cup Barley  
2 Cups Vegetable or Chicken Broth  
½ teaspoon Spike seasoning  
1 Table Olive oil  
1 teaspoon butter  
1 large onion, sliced  
¼ teaspoon thyme

Slice onion into rings. Place 1 Table olive oil in large saucepan and heat to medium (do not allow to smoke). Add onions and sauté until lightly browned, about 5 minutes. Add 1 teaspoon butter, melt, add 1 cup of barley and sauté until lightly brown, about 5 minutes, stirring often. Remove from heat and **slowly** add vegetable or chicken broth. Return to heat and bring to simmer, cover and cook until all liquid is gone, approximately 30 minutes. Sprinkle with thyme, stir well and serve.